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she has had in bringing babies into the world." If she has "a family of fine children of her own," it is a happy augury. Very important is her right to perform a ceremony, to pray and sing and treat the newborn infant ritually. It is not absolutely essential to have such a "ceremonial" woman in command at this time, but, since success in life depends so largely on ritual preparation, she functions in a majority of births. This woman is well paid for her services; some valuable property, often a horse, is her reward.

When the time for delivery draws near, the husband leaves the home. Unless an emergency arises, he cannot be present at the birth, for relatives of his wife to whom he stands in a relationship of respect and avoidance are certain to be there.[1]

There is no definite rule which bars other men from being present. In fact, they are sometimes asked to attend in emergencies. But usually "men don't come to a birth because there are so many women around, and a man would feel funny." Another factor which discourages their attendance is that discharges from the woman's body at childbirth are to some extent equated with menstrual blood, from which a man can contact painful swelling of the joints.

During delivery the woman kneels with legs apart before an oak post which she uses to steady herself. Assistants hold her arms if she requires aid. To facilitate the birth, the genitals may be bathed in water in which the pounded root of a plant (*Eriogonum jamesii*) has been boiled. A similar decoction will be used after the birth to insure rapid healing. To speed birth, four small, light-colored pieces of the inner leaves of narrow yucca may be swallowed with salt, one after the other. The midwife massages the woman's abdomen downward and receives the child. With a long black flint or with a sharp edge of a length of reed or yucca leaf, she cuts the umbilical cord about one and one-half inches from the baby's navel and knots the end or ties it with a strand of yucca-leaf string. If the child does not cry or breathe at once, cold water is dashed on its body. When a baby is obviously alive

[1] For an account of these observances see pp. 163-81.

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is dressed but before she has eaten anything, the woman gives her yucca fruit with a cross of pollen on it. She first holds it to the directions, motions three times toward the girl with it, and puts it in her mouth the fourth time. This is to give her a good appetite; if she is fed with Indian fruits and piñon nuts and all the good things at this time, the girl will have a good appetite throughout life.

The attendant now advises the girl:

881 793 [271] [413]

She tells her how to drink water through the tube [of carrizo, suspended from the fringe of the dress on the right side], how to scratch herself with the stick [from a fruit- or nut-bearing tree; the scratcher hangs on the left side of the dress]. She tells the girl that she must not scratch herself with her nails, because, if she does, it will leave scars, and that she must not touch water with her lips but must use the tube for eight days or it will rain.

She tells the girl not to eat too much, because she must stay in the tepee most of the time, and she shouldn't go out in the brush much.

She tells the girl that she mustn't go around except where she is told she can go, that she should stay in the tepee most of the time for the four days of the ceremony and then for four days afterward, until she takes these clothes off.

The woman tells the girl not to talk much during this time and not to laugh, because her face will be old and wrinkled before her time if she does. And she tells the girl that for the ceremony and for four days after it she should not wash. She has pollen on, and if she should put her hand in water and wash it off, it would rain like anything. She tells the girl that if it rains and she goes out in it, that will make it rain harder. If the girl gets wet, it will be rainy and spoil the good time of the people. She must not even go to a spring or look up at the sky, for the rain clouds would gather if she did.[1] [821]

[868] [867]

And these old women talk to the girl about cooking and women's work too. They tell her to think what it means and to believe what the singer tells her, for, if she does not believe, it will not do her any good. And the girl is told to mind and not to make fun of anyone. She is told that she must not get angry or curse anyone till the ceremony is all over for her, till the eight days are over. For the Chiricahua believe that the disposition a girl shows at the time of the ceremony will be hers all through life. If she gets angry, she is going to be mean the rest of her life. They say, too, that if a girl doesn't mind at this time, bad weather comes. If she is pleasant and goes through the ceremony well, she will always be that way.

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And it seems to me that it turns out this way. There's my wife. She went through the ceremony very well, obeyed, and was good. You take C.; she was mean and balky when she was going around that basket. Today she's very mean. My wife went through first, a year or so ahead of C. Then C. went

[1] One informant stated that the singer may not wash his hair during the rite, presumably to prevent rainfall. [535] [302]

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headdress have been made with the big star. Against these diseases I use the sound of the Mountain Spirit rattling his headdress as he dances to the fire. By means of it I walk the earth. It drives all evil away. With it I perform this ceremony. With this I walk. That is all.

"They always start to paint the leader first. It doesn't matter who is finished first though." Helpers apply the paint with sticks which have been pounded, softened, and sometimes turned back at the end. Even the finger is used if the work has to proceed quickly. The helper, who has seen the masked dancers of this shaman perform many times and may have acted as dancer for the shaman himself, is usually familiar with the designs. What information he lacks is supplied by the shaman. Often masked dancers assist in painting each other.

Anyone can help the shaman paint the dancers. The shaman sits there and tells them what to do. Sometimes he paints too. When he has several men around, he will have everybody working on them. He will be singing and praying while they do it. I've never asked about this part. They start painting in the late afternoon. It takes some fellows longer than others. It doesn't make any difference whose masked dancers are first on the grounds below.

I painted masked dancers once. I was already painted myself and ready to go out. They were a little behind. I just went over and put the marks on one of the fellows to help out. I went ahead and did it while the shaman was there singing.

During the painting the shaman sings, beating a pottery drum with a curved drumstick. Should these songs not be sung in the right way, "the masked dancer would fall down like a man knocked out by a blow if he should touch another masked dancer down on the grounds." According to one masked-dancer shaman, his songs "call on the Mountain Spirits to give the dancers endurance," and so his dancers are able to "stay in there a long time."

These songs which accompany the painting of the dancers are sung as memory and convenience dictate. The allusions in them are to the themes associated with the ceremony, to the "holy home" where the ritual was learned from the resident Mountain Spirits, to the sounds made by the pendants of the headdress and kilt as the dancers trot to the fire, to the cardinal directions from which the Mountain Spirits guard the Chiricahua against all sickness and danger. The prayer or softly and quickly

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881 533 793 A singer has described this act: "In the evening when the girl first comes out to dance, I lead her with the eagle feather. There is one song to lead the girl in with. I go a little way and sing it again. The fourth time I go right in and put the girl in the corner."

But before they enter, the attendant, who has followed them carrying an untanned hide, and who has given her call of applause at each of the four stops, hurries to the rear of the structure and spreads out the skin. She is followed by the girl, who [1188] skirts the fire clockwise (as must always be done when entering or leaving the ceremonial structure) and sits or kneels on the hide, [516] facing the east. If she sits, her legs are flexed under her to the side. Her trunk is held erect, as it should be as long as she remains in the holy place. The singer squats close to the fire, at the south. Behind him sits the attendant, near the center of the [1188] south wall. Relatives of the girl and visitors pass clockwise about the structure and make their way to the west. Some latecomers sit in the doorway.

881 533 793 824 The singer, before going after the girl, has arranged a number of ritual objects. At the main pole of the south he has tied (or stuck into the oak boughs), butt end toward the east, a length of oak wood which is called the "age stick." This, the symbol of long life, stands for the cane his charge will use in her old age. It will serve him as a fire poker and as a support while he sings. On the same pole hangs a fuse of shredded juniper bark tied with yucca strands. This fuse, representative of fire and the hearth, he will use to ignite the ceremonial cigarettes he smokes. On the [413] pole, too, is a grama grass brush which will be used "to brush off evil influences" from the girl and to apply white paint to her.

881 533 793 The singer unfastens these objects and brings them to the fireside. After the ceremony of the first night he will return them to a main pole, this time to the one at the west. In the same way he will continue to move them in sunwise rotation each night until, [1188] at the beginning of the fourth and last night, the ceremonial circuit will be completed, and these objects will be found on the east pole.

At the edge of the fire other objects have been arranged. The

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The last run is made so that the girl will be strong, so that she will be a good runner and have a good heart [i.e., be brave]. Some used to run about a quarter of a mile to the east this last time. Because of this some girls became as good runners as men in the old days. If they have far to go, they do not have to run all the way. They can alternate between walking and running.

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As the girl approaches the ceremonial structure for the last time, the attendant calls; the main poles are pushed to the east; and, as favors are tossed in the air and the children scramble for them, the girl makes her way to the encampment of her parents.

[346]

The temporary camps that have been established for the period of the rite begin to disappear. The poles of the ceremonial structure lie unmolested; they may not be used for firewood.

[271]
[413]

The girl's family stays on the grounds four days after the ceremony ends. During that time the girl can't wash and has to wear her costume. She must use the scratcher and reed for these four days too.

The girl has still another ritual duty to perform:

The little ceremony where the girl gives the horse takes place four days after the close of the big feast. A horse, any kind of a horse, is required. It always was so and has been handed down. She is still dressed in her costume. She walks the horse to the singer. That ends it. Her part is now over.

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On the morning of the ninth day "before the sun comes up, the woman who cares for the girl [attendant] prepares yucca root and warm water and washes the girl's hair and entire body."

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The prevailing tone of this ceremony is one of pleasure and promise. The physiological aspects of maturation are little emphasized. The behavior restrictions imposed upon the girl are not irksome, and their violation brings no really dire consequences. She is not isolated but achieves recognition as the central figure of a major social and ritual event during which she is likened to a supernatural being. Her formal introduction to adult status is accomplished in the midst of abundance, ritual safeguards, and festivity; therefore, she has little desire to return to the status which preceded the recognition accorded her.

Many heterogeneous elements combine to produce the girl's puberty rite. The singer, the attendant, the masked-dancer shaman, the dancers themselves, the musical accompanists for the social dance songs—all possess individual prerogatives which are not subject to call. The participation of these persons can

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881 not undergone it is not cheerfully received by members of a raid-
868 ing party he seeks to join. "Some do not volunteer. They are
702 looked down upon. They cannot go on the warpath." Yet the
721 youth who is unprepared is not goaded into premature participation. "If a boy thinks he can't stand it, he doesn't go." Nor does any boy start out ignorant of what he faces: "When a boy wants to volunteer, his relatives tell him of the hardships and dangers. If he still wants to go, they let him."

Once a boy has declared his intention of becoming a novice, he receives advice to guide his conduct during the four expeditions:

The first four times are important because, if a man shows himself to be unreliable and disobedient these first four times, that will remain his nature throughout expeditions and battles. The boys are told this, and they try to be at their best during this time. So they don't cause much trouble.

[834] While you are a novice you have to watch out for your morals. If you are
[867] loose when you come back from one of these expeditions and have a lot of sexual
[509] intercourse, it will be your nature through life. Boys are instructed from the start about this. These things are impressed on them: "Don't be a coward; don't be untruthful; don't eat too much when you come back to camp between raids, or that will be your nature." So during the entire period the boy puts out his best [effort] and behaves his best.

881 One informant testified that the necessary information was
868 imparted to him by his father. Another claimed that "a relative
702 teaches the boy; a special man is not needed." Yet from still
756 other accounts it is clear that shamans whose rites center about
721 the location and frustration of the enemy and the granting of invulnerability in battle often prepare the youths for these
[914] journeys. Their selection is logical, for "these shamans, the 'bow
[561] shamans,' also make the jackets and other things which protect a man in battle." Often a number of young men of the same age are put in the care of one shaman.

All the volunteers are gathered and instructed by the shaman. They are taught the words and how they should conduct themselves. They are given a general outline of what they should do. It takes just a few days to learn.

[914] The inexperienced boys who are on the raid for the first time have a certain
[297] kind of hat. And they are the only ones who have the drinking tube along. The
[413] drinking-tube has a scratching stick attached to it; that is, on the same cord. This scratching stick is about five inches long and is made from the wood of any tree that bears fruit.

[914] The shaman in charge of the boys makes the hats for them. There is no pay-

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ment for this. It is like an issue[14] to the boys that comes automatically. This comes from a certain kind of shaman who has to do with war. The drinking-tube is given by the same person and is issued in the same way. The shaman has prayers to the directions. He throws pollen to the directions as he makes these things. The tube and the scratcher have a lightning design on. When the boy comes back, he returns the hat, scratcher, and tube to the shaman. The shaman can use them again for others.

"One who is a novice is different from the others." The difference is in the first instance a ritual one: "The older men treat the novices reverently because these young men are on one of their first raids and there are restrictions upon them." Like the pubescent girl, the novice is identified with a supernatural. "On the raid and warpath the men call the novice Child of the Water." Sacred aspects are further emphasized by behavior and food restrictions:

The novice, when he first gets the tube and scratcher and goes out with the others, cannot turn around quickly and look behind him. He must glance over his shoulder first. And in facing the other way he has to turn toward the sun first, the way they throw pollen. Bad luck would come to the party if this was not done.

If the boy does not use the scratcher, his skin will be soft; the flesh will be no good. He has to use the tube for all drinking. It is a rule that is put upon the boy. If he does not use the scratcher and tube, his whiskers will grow fast.

There is also a very strict rule against a novice having sexual intercourse while he is out.

Another thing: he must use the words that have been taught him. If he disobeys in this, he will be very unlucky.

Novices are not allowed to eat warm food, but must eat it cold. If they have to cook the food, they must let it get cold before they eat it. If the novice eats warm food, horses will not be worth anything to him. He is not allowed to eat entrails either. If he eats entrails, he will not have good luck with horses. Meat from the head of an animal is forbidden to him also.

To these rules various informants have added others. The novice should not gaze upward when he is on the raid or a heavy rain will come. He is not supposed to laugh at anyone, no matter how amusing the situation. He must speak respectfully to all the men and must not talk freely or obscenely about women. He must stay awake until he is given permission to lie down; to go to

[14] The Chiricahua refer to rations and goods distributed by reservation officials and the military as "issues."

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751 757 515 [291] [824] [413] time. About four to six men usually go in at once. They wear just a loincloth. Before they go in, pounded piñon needles or pounded juniper may be rubbed on their bodies by the man in charge. All the men wear sage tied around their heads while they are in there. And they take a drink in which four pieces of mesquite bean have been put. Each man has to bring a stick to scratch with. He cannot scratch his body with his fingers.

Four big rocks are heated outside and then brought to the pit inside with a forked stick. Water is brought. The men are sitting in a circle but leave an open space to the east. Then the water is sprinkled on the hot rocks. Anyone who is appointed can sprinkle water on. One man sits outside and operates the door cover so that the heat does not escape. The man in charge is always in there. He [463] [782] [533] prays in there and leads the singing. Special songs are sung, songs that mention the sweat bath, the earth, and the sky. Usually four songs are sung over and over. All who are inside sing.

The men try to stay in there about an hour. Then they come out and bathe. [481] [826] Some young fellows run a race, too, while they are still warm from the sweat bath, to enable them to become good runners and to make them long winded. That is their belief.

Sometimes the men go in four times during the day. But some can't stand it. K. went in once. The heat was so great that he didn't go in a second time. Sometimes they just go in once and it's over. They rub themselves well with their hands when they come out. Sweat-bathing like this keeps men in good physical condition. It isn't done right away again. They would wait at least fifteen days [888] before doing it again. There is no use for very old people to go into the sweat house. Their lives are spent.

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278 *Herbalism.*—Plants are used in the majority of cases, whether the manner of combating the illness be ceremonial or purely secular. "There are all kinds of roots and weeds and herbs, something for everything; nothing was left out." Some plants are considered so "strong" and so "ceremonial" that only those who have supernatural sanction and directions for their use dare apply them. Other plants, usually administered in nonritual contexts, appear in ceremonies if the supernatural power so orders.

751 824 Incensing with the smoke of burning juniper and piñon boughs is mentioned repeatedly:

> My people take piñon and juniper, put the boughs together, and burn them. They do it inside the home and keep the members of the family there until they can't stand it any longer. This burning makes a lot of smoke, and they stay there until the tears come from their eyes. Then they won't catch a disease that is around. They do this if there is a great deal of disease around.

2: Castetter and Opler N, E-5 (1931-1934)1936
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BOY TRAINING, RAIDING, AND WAR

883 868 147 526 Shortly after the Apache boy reached the age of puberty, his relatives took measures to strengthen and harden him. They insisted that he rise very early in the morning and perform certain duties, such as driving the horses to or from pastures. An older male relative undertook the task of training him at this period. He might order the boy to test his strength against a young tree and pull it up by the roots, or to lift and throw a heavy stone. The boy was made to run long distances up hill with a load on his back and when he returned had to spit out water which he had been given to hold in his mouth at the start of the run. Often he had to race in this manner in competition with other boys of his age, and the one who lagged behind felt the switch of some older man who accompanied the youths. Sometimes these boys chose sides and opposed each other in strenuous mock battles in which blunt arrows and light lances were the weapons used. Foot races, bareback horse riding, and wrestling matches were part of a program as arduous as the boy's elders could devise. In winter the boy had to roll in the snow, and when the ice formed on the lakes, he was taken early one morning and tossed into the water. Often he was made to keep awake the entire night or for an even longer period, in order to prove that he could stand guard over the camps with the men when danger threatened.

702 868 883 Later on, when the youth was about sixteen years old, he entered a critical period of training, designed to leave him an accredited warrior. During this period he had to attend four raids or war parties, not as a fighter or participant, but as an apprentice and servant to the older men. Until he had fulfilled his obligations the boy wore a single eagle feather in his hair and had to be careful of all that he said and did. Moral laxity, disobedience, or laziness at this time would fix these undesirable traits in his character for life. On these first four expeditions he took with him a [415] reed drinking tube and a wooden scratcher, for he could not [271] allow water to touch his lips, nor might he scratch his skin [413] with his nails.

2: Castetter and Opler N, E-5 (1931-1934)1936
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263 picked, cut open, dried on sticks, and used in sweetening different foods.

262 [178] The fruits of various genera of cacti are still used as food but no longer constitute an important article of diet among these Apache. Formerly the Chiricahua Apache, [137] who ranged in western New Mexico, southeastern Arizona, and to the south in Old Mexico, utilized as food the fruit of the sahuaro or giant cactus *(Carnegiea gigantea)* and of the organ-pipe cactus or pitahaya dulce *(Lemaireocereus thurberi)*. Their name for it was *madaya*, an Apache corruption of pitahaya. [171] The gathering and utilization of these fruits by the Chiricahua Apache was not unlike that reported by Castetter and Underhill *(5:21)* for the Papago; [184] the reader is referred to that paper for a discussion of the subject. The Mescalero Apaches never have used these species as they do not grow within their present or past range.

252 262 [413] [824] [251] [824] The ripe fruit of a number of species of Opuntia, prickly pear cactus, was commonly utilized as food. The ripe fruits, or tunas, were removed with a pair of wooden tongs, made by doubling a pliable branch, and cleaned of spines with a brush of stiff stems of sacaton grass *(Sporobolus wrightii)* while held with the tongs. The fruit was then placed in burden baskets and taken home to be eaten fresh or dried and stored. To dry, the fruit was split lengthwise, freed of seeds, and placed on big blue stem grass *(Andropogon furcatus)* in the sun. Sun-dried fruit was usually boiled before eating, although soaking in water sometimes softened it [251] enough for use. Sometimes, after the seeds were removed, the fruit was mashed into a pulp and stored in this caked [953] form. Many of the Indians of the Southwest contend that these tunas or nopales must be eaten with discretion as too much of the fruit causes a fever; Bourke *(2:44)* corrobor- [222] ates this. The Chiricahua and Mescalero Apache women [482] collected the tunas in large baskets carried on their backs, suspended from a tumpline which rested on the upper part [251] of the chest. The split fruit was spread out to dry in the sun. Tunas formerly constituted a very important Apache food.

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(a Chiricahua band) at present prepare the meats by boiling in water. 252 262 137

The seeds of the piñon pine *(Pinus edulis)*, which ripened in October, were very extensively gathered for food before they fell from the tree. The "nuts" were either eaten raw or roasted for a few minutes in a pan so they would keep, then shelled. Often they were mixed with pulp from the fruits of yucca to make a pudding. When used raw they were ground, rolled into balls, and eaten as a sort of delicacy. These Apache did not permit their pregnant women to eat piñons, lest the child would be born with fat all over the body and make delivery difficult. [843] [845]

In times of food scarcity the seeds of the western yellow pine *(Pinus scopulorum)* were utilized but they never constituted an important article of diet on account of their small size. They were ground, the edible portion rolled into balls and eaten raw. Those of the limber or western white pine *(Pinus flexilis)* were larger and might be utilized but were likewise of little importance since the species was not abundant. Formerly the seeds were gathered before they began to fall, by shaking from the cones, but never before fully ripened. They were then roasted and hulled, or sometimes the seeds ground, shell and all, and eaten.

It might be well in this connection to mention the use of pine bark as a source of food by the Apache. The inner bark of *Pinus scopulorum* is quite sweet and palatable and has often been utilized as food, especially when other foods were not abundant. Portions of bark were stripped from the tree and the inner bark scraped off. Hrdlička *(12:22)* referred to it as being baked in the form of cakes. Formerly these Indians cut out large squares of bark with a long pointed stick and scraped off the inner bark with a smaller, sharpened piece of wood. It was usually boiled, or it might be chewed and eaten raw, but in this state it was rather difficult to digest. If boiled for a considerable period of time the sugar would crystallize out. The bark of large aspen trees *(Populus tremuloides)* was also utilized in the same [413]